

Mp3 Dharma Mittra - Om Mantra Japa

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Om Mantra for Deep Concentration and Meditation or to Chant along to 1 MP3 Songs NEW AGE: Meditation, NEW AGE: New Age Details: DharmaDuty to participate in the Divine plan for humankind's higher evolution. Sri Dharma Mittra has spent most of his life in service to humanity, disseminating the ancient knowledge of how to achieve radiant health and spiritual development. Dharma was born in the late 1930's, and has studied Yoga since 1958. He spent 7 years in the air force and in 1964 he met his teacher Sri Swami Kailashananda. Immersing himself in intense study and practice of the eight limbs of Yoga and two years as a full time Karma Yoga, he was accepted and initiated as a sannyasi (one who renounces the world in order to realize God). Dharma started teaching in 1967 after 11 years as a full-time yogi and bramachari, a celibate religious student who lives with his teacher and devotes himself to the practice of spiritual disciplines. After being a celebrated teacher for many years at his gurus Ashram, he left in 1975 and founded the Dharma Yoga Center, originally known as the Yoga Asana Center. Dharma is one of the first independent Yoga teachers in the United States, initiating tens of thousands on the path of Yogic practice and teaching. Dharma began disseminating this knowledge before "styles" of Yoga became popular, and has remained truthful to the original classical practice. Students from all walks of Yoga love his teachings. Dharma has literally been teaching classes continuously everyday in N.Y.C. since he started in 1967. And to this day makes himself available regularly to anyone who walks thru the doors of the Dharma Yoga Center in need of help and direction. For his dedication and fortitude, he is known as "the Rock of Yoga" , and for his experience and knowledge the Teacher's Teacher". Dharma is a most beloved Yoga Master, known for his humility, humor, joy and kindness in teaching. Every student who comes to his class is considered by him as part of my family. He diligently teaches the Yamas, the first step of Yoga, as he sets the greatest example for it in his life. In every class you will hear without the Yamas, the ethical rules there is no Yoga. He tirelessly promotes Ahimsa thru veganism, a raw diet, and kindness to all living beings especially our inferior brothers (the animal kingdom). In 1984 Dharma Mittra completed the Master Yoga Chart of 908 Postures, as an offering to his Guru, and for all Yoga aspirants. This original masterpiece was

meticulously assembled from over 1,350 photographs of posture variations he took of himself, all hand done before the computer age. It has been an invaluable teaching tool over the past decades. You will find it in just about every yoga school and Ashram worldwide including India. In 1975 Dharma made another lesser know Sun Salutation and Yoga Course Poster. This includes all hand done drawings and art work, as well as photographs and 2 Yoga class Programs. Dharma is the author of the book 608 Yoga Poses published by New World Library, is featured in American Yoga and is the inspiration for Yoga Journal's book Yoga. Shri Dharma Mittra through the Dharma Yoga Center is currently offering Life of a Yogi 200 500 hour teacher trainings on the eight limbs and nine forms of Yoga. They are designed from years of practices that Dharma did himself to become a yogi. Each participant receives handcrafted charts which Dharma made in the 1970s to record their daily practice records. They too are beautiful works of art created by Dharma when in a state of bliss consciousness. Each student is prescribed spiritual programs that will totally charge and change their life to become a calm, content and better person,. The results have been miraculous and the essence of these ancient teaching come to life for each individual to use in this world of constant distractions. These yoga teachers, thru Dharmajis guidance become much more than just teachers, they become Yogis. Reduce your wants and lead a happy and contented life. Never hurt the feelings of others and be kind to all. Think of God as soon as you get up and when you go to bed. DM Dharma Mittra conducts Maha Sadhana and Yogi Treasures for a Shortcut to Immortality workshops worldwide in retreats and weekend workshops. Look for Maha Sadhana DVD's coming in April 2006 with Krishna Das new chant from All One and original music by Dharma Mittra! For more information on Sri Dharma Mittra and his work, visit dharmayogacenter.com

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